ARE YOU LISTEN ING

BE SEEN AND HEARD YOU MUST BE NOTICED AND PRAISED. YOUR WORDS MUST BE FELT. YOU MUST FEED THE MASSES MORE OF YOURSELF

THEY ARE HUNGRY

LISTEN UP!

LISTEN TO YOURSELF!

LISTEN TO ME!

LISTEN TO YOUR BODY!

ARE YOU LISTENING?

'Listening' is a loaded term. Unlike hearing, listening is understood to involve an intentional directing of attention toward a sound. The idea of 'listening to' something suggests that a person is giving it a certain amount of focus or concentration.

'Listening to' *someone* typically represents a certain amount of sympathy. Listening is the precursor to *comprehension.* As an embodied act, it utilizes concerted effort to a degree beyond 'hearing.' Too, listening has made its way into nonauditory spheres. For instance, in popular discourse, 'listening to your body' means attending to signals or signs that indicate the body's condition or needs"

SO... WHAT IS LISTENING

michel chion's three modes of listening:

casual listening ➔

listening to a sound with the intent of gathering information about its cause (or source). When we cannot see something, sound fills in the gaps.

semantic listening ➔

spoken language.

reduced listening ➔

paying attention to the qualities of sound itself, independent of source or meaning.

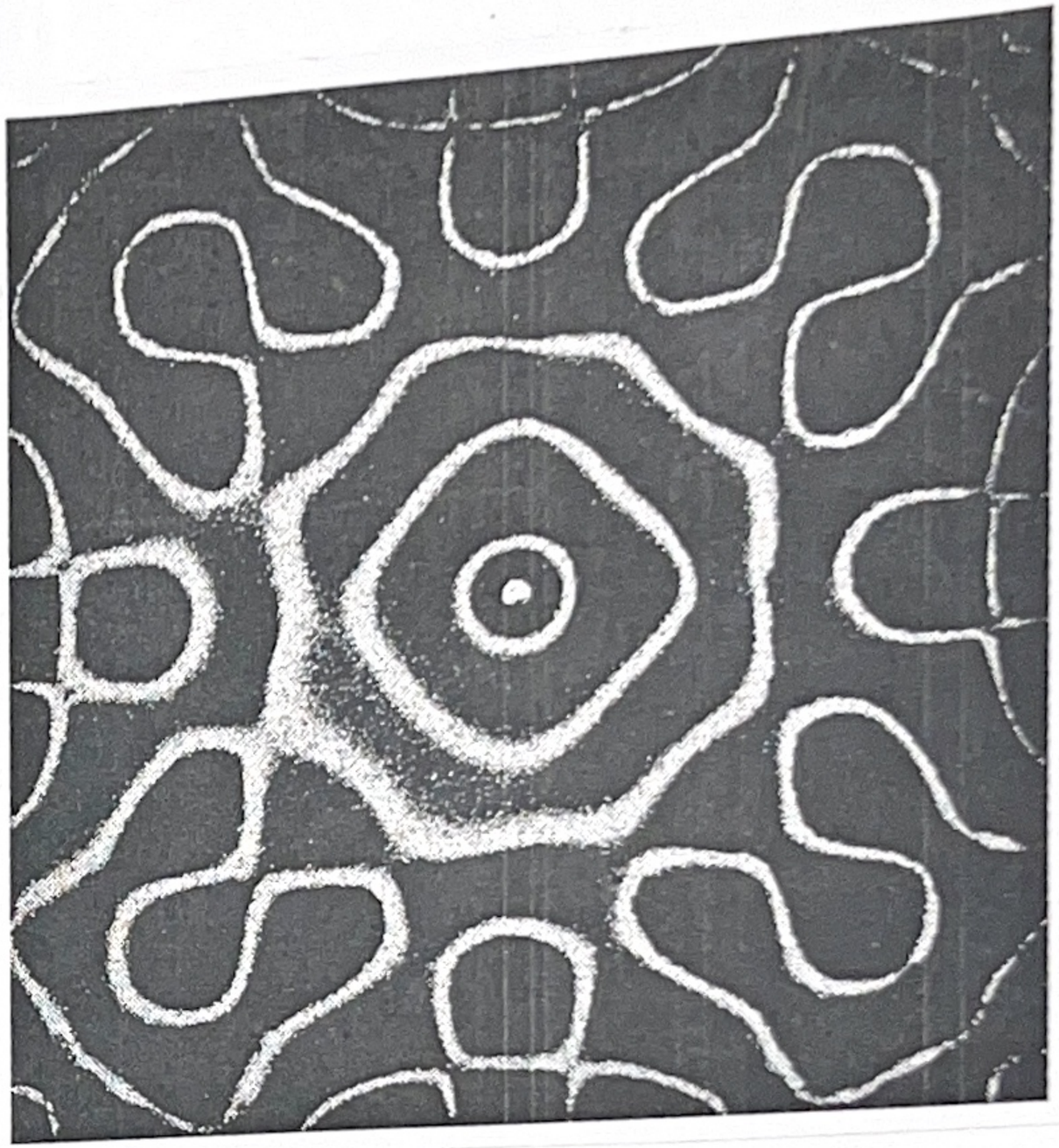
what

sounds

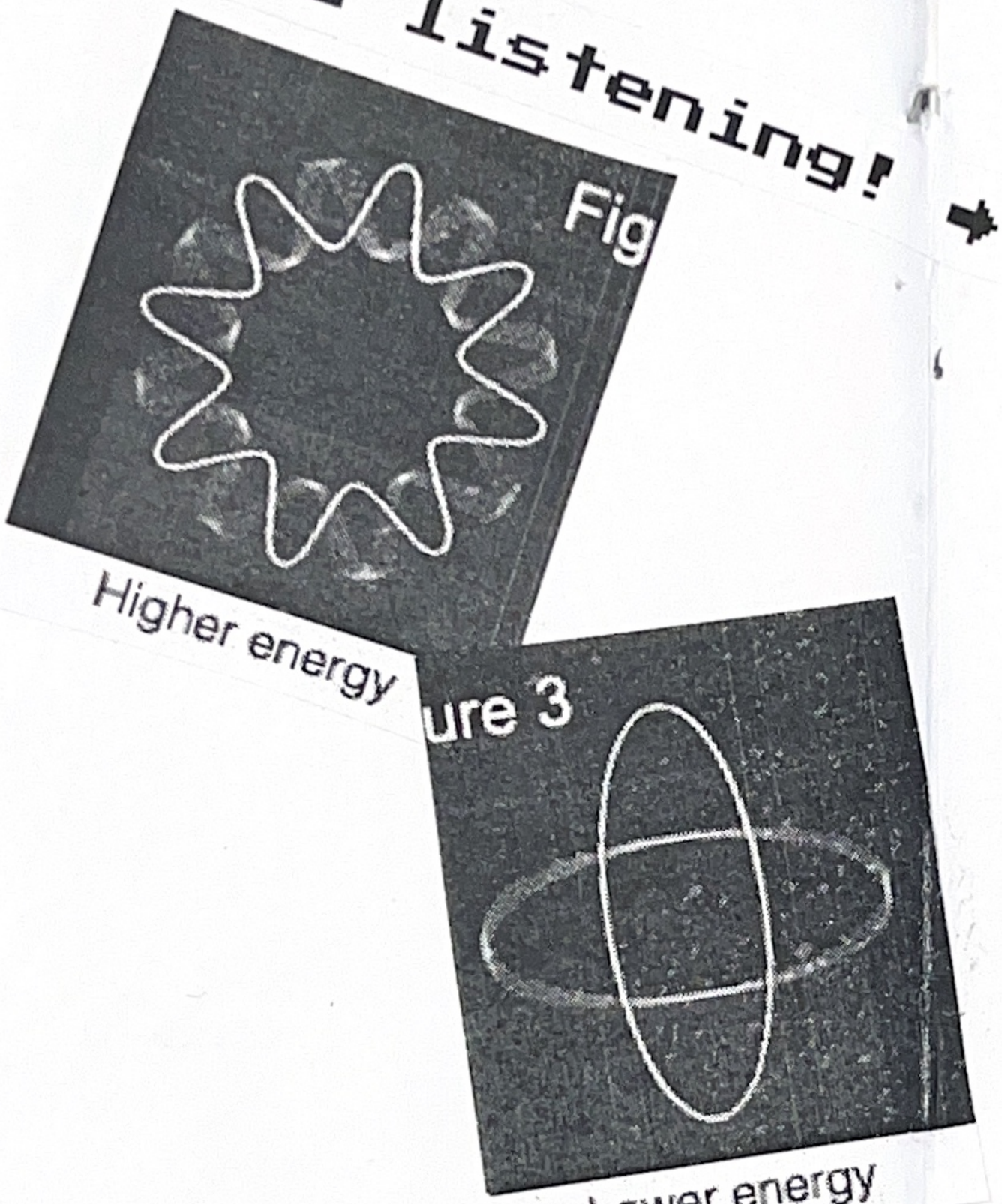
do I make

when you

flip me?



reduced listening!



How to *listen:*

- Take **sound** as itself the object to be observed instead of as a vehicle for something else
- Treat *listening* as a deliberate practice
- **Practice** *listening* meditation:
  - Examine the *sounds* someone's **mouth** makes when they talk. What *instruments* are in your **favorite** song?
  - Practice *listening* with intention, and carry it into your daily life.
    In a society that seems to favor speaking, your community ***craves*** listening.
  - Through intentional *listening*, you shift your attention outward rather than inward. Suddenly, self-display becomes ***peripheral***.
- Listen **courageously**, not with the goal of ~~consensus~~, but acknowledge that some disagreements cannot be reconciled and instead seek to *clarify* fundamental differences.
- You are **worthy** of being heard, so is your *worst enemy*